

THE EDITOR'S SPECIAL DEPARTMENT.

Criticisms, MSS., Photographs, etc., invited.

Questions of general public interest answered in this department.

Question: Would muscular development count in one's favor from a health standpoint, or would it merely mean increase in measurement and in the power of the muscles?

Reply: The development of the muscular system to normal standard always increases the strength of the digestive organs and of the entire functional system. The muscles are not only improved, but one's energies are vastly increased, and no matter what may be the occupation or profession followed, this increased strength enables one to accomplish more by far because of it. Furthermore, the emotions are stronger, finer and more acute. Every movement is filled with life, and the tingling intensity of the power to enjoy or to suffer makes one capable of living instead of merely existing.

Question: Do you think one hour and a half exercise at home and a four-mile walk daily sufficient exercise to develop the "pink of condition"? I have never been in thorough training but once in my life, and if I thought I could regain that perfectly heavenly—there is no other adjective to express it—feeling, I would do almost anything.

Reply: If one is training merely for health, for the energy, suppleness and vigor essential to the thorough enjoyment of life's pleasures and successes, I would say that a half an hour's exercise daily, with a four or five mile walk, would be sufficient. Of course, if training for some particular contest or feat of strength, or desirous of becoming an athlete, from one to three hours' exercise should be taken daily.

Question: Will you please give us in the columns of your magazine, what system (diet, exercise, etc.), you follow, as we understand you were at one time in poor health, and are now an athlete?

Reply: It would take a volume to give in detail the information asked in this inquiry. I am, however, preparing an article, which will appear in the September number, along this line. It will be a brief story of my own experience in bringing myself from the weakness of a consumptive to the strength of an athlete. The story may interest and encourage those who are now striving for health and strength.

Question: I am suffering with dyspepsia, constipation and liver troubles, contracted while in the army. I am seldom without pain

or discomfort in some part of the body. Can you benefit me?

Answer: Five minutes exercise on rising, follow with cold sponge bath. Four or five miles walk daily. Inhale many deep breaths while taking this walk. Eat sparingly of wholesome foods only. Never eat unless food is enjoyed. Exercise fifteen minutes before retiring, as advised in my book on physical training. Use many bending motions. Thoroughly knead and massage abdomen with fingers and massage exerciser after exercise—follow with complete bath.

In this case relief can be secured quicker if internal bath, as described in book "The New Method," is used every two or three days the first two weeks of treatment.

TO THE EDITOR.

I have been an interested reader of your valuable magazine since its inception. The attempts of the hero of your novel to win the natural beauty which he found after much searching, has especially attracted my attention—more particularly because I am similarly situated, though he has the advantage of me, for I have not been able to discover a refined, educated young woman who possesses the beauty of body, intelligence and strength of character described as your heroine. I searched for such an undeformed creature long before I ever saw your publication, and I want to ask you, Mr. Editor, if you believe there are any women

in existence such as you describe? I am of athletic figure and a successful business man, and possess sufficient egotism to believe that I could win the woman I might choose.

J. S. D.

I have published the above in full, for I have received a number of communications of a similar character. I believe there are many women possessing a character and physique as described in "The Athlete's Conquest," though such women are usually too modest to have a large list of acquaintances. I would advise the gentleman to continue his search, and if any of our readers can assist him, a letter addressed to him, in care of the Editor, will be forwarded.

If you would enjoy your food be good-humored. An angry man doesn't know whether he is eating boiled cabbage or stewed umbrellas.

Mrs. Mary McDonald, a colored woman, 129 years of age, an occupant of the Home for the Aged and Infirm in Philadelphia, says she owes her long life largely to the fact that she was brought up on the plainest kind of food and always had plenty of exercise.

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